Concept of Mental Health

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Concept of Mental Health

- *The health of one's mind is helpful in its proper functioning in the same way as physical health helps in maintaining the health of one's physical organs and their functioning.*

Definition of Mental Health

Mental Health is the full and harmonious functioning of the whole personality.

- J.A . HADFIELD

Characteristic Reflecting the Concept of Mental Health

- **<u>There is nothing to be called as perfect Mental Health</u>: Truly speaking, perfect Mental Health is a fiction, not reality. Hence, it is always better to talk of optimum mental health in place of perfect mental Health.**
- **<u>Mental health is a dynamic concept</u>: Mental health denotes a state of balance is not static; it is quite dynamic.**
- **<u>Mental health can't be achieved without physical health:</u> The saying that a sound mind lives in a sound body has a sufficient strength. For achieving an optimal level of mental health one has to acquire first adequate physical health.**

Characteristic Reflecting the Concept of Mental Health (Contin…..)

- **Mental health and efficiency are not the same thing: It is not essential for the successful and efficient men in their lives to be mentally healthy.**
- **Mental health and sociability are not the same thing: While a mentally healthy person is sociable, it is not necessary for a sociable or socially adaptable person to be healthy-minded.**
- **Mental health diffes from ethical standards: There lie may individuals who are very moral ut suffer from serious abnormalities like phobias or sex perversions.**

Thank You
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